

## MOVIPREP SPLIT DOSE

### COLONOSCOPY PREP

➤ **Need:** Rx – MoviPrep

#### THE DAY BEFORE THE PROCEDURE:

- Pour the 1<sup>st</sup> pouches “A” and “B” in the MOVIPREP container
  - Fill the container to the line with tepid water.
  - Shake the container to mix.
  - Put the container in the refrigerator. You will drink the contents tomorrow.
- START A **CLEAR LIQUID DIET** WHEN YOU GET UP IN THE MORNING (SEE THE FOLLOWING LIST)

FOOD ALLOWED ON A CLEAR LIQUID DIET	
BEVERAGE	Water, Coffee, Tea, Carbonated beverages, Apple Juice, White grape Juice, warm or cold flavored gelatin, fruit flavored drinks and powders{ Gatorade, Country time, Crystal light, Kool-Aid}
SOUP	Fat free broth or bouillon
DESSERT	PLAIN fruit flavored gelatin, Popsicles, slushes, ices, hard candy, jelly beans
CONDIMENTS	Sugar, Artificial sweeteners, Non-fat/non dairy, liquid or powdered creamers {Coffemate, Creamora}
FOODS NOT ALLOWED	
	NO SOLID FOOD
	NO dairy products: cheese, milk, half&half, Slim Fast, Glucerna, Boost, Ensure
	NO purple or red colorings ORANGE coloring IS ACCEPTABLE

- 5 PM – Start taking the laxative.
  - Take the MOVIPREP container out of the refrigerator
  - Every 15 minutes drink (1) – 8 ounce glass of the laxative mixture. You will drink A TOTAL OF 4 GLASSES.  
5pm.....5:15 pm.....5:30 pm.....5:45 pm
  - You should have BM’s within 30 – 60 minutes
  - Bloating will occur, it will pass. Walk around the house or rock in a chair to relieve bloating
  - If you get nauseated take a 10 -20 minutes break
- Drink (2)- 8 ounces glasses of clear liquid within the next hour
- Pour the 2<sup>nd</sup> pouches “A” and “B” in the MoviPrep container
  - Fill the container with tepid water
  - Shake the mixture to mix
  - Put the container in the refrigerator. You’ll drink it in the morning.
- Continue drinking clear liquids of your choice until you go to bed
- Take any prescribed PM medications when your BM’s slow down

#### THE MORNING OF THE PROCEDURE:

- 5 hours before you leave home \_\_\_\_\_ Drink the last 4 glasses of the laxative.
  - Drink (1) – 8 ounce glass every 15 minutes
  - Drink (2) 8 ounce glasses of any clear liquid in the next hour

<b>12 HOURS before your procedure:</b> STOP SMOKING
<b>6 HOURS before your procedure:</b> No candy, mints, jelly beans or chewing gum
<b>3 HOURS before your procedure:</b> Take any regularly prescribed medication. DO NO TAKE diabetic medication, potassium pills or diuretics (water pills)
<b>STOP DRINKING LIQUIDS:</b>

- ARRIVE TO: \_\_\_\_\_ AT \_\_\_\_\_ TO COMPLETE YOUR PREPARATION PRIOR TO THE PROCEDURE.

#### Miscellaneous

- ✓ Contact your Primary Care physician, if necessary, for any adjustments in your medications, i.e. blood thinners, diabetic medication. (Please refer to list of medications to stop prior to a procedure)